

The correction of this anæmia is, of course, an important part of treatment, as are also, in most cases, measures calculated to increase the body weight. Having said this, however, I would strike a note of warning against undue activity in other forms of physical treatment. Focal sepsis, for example, can usually be found somewhere in every mental patient, as in most sane people, and yet I am convinced that to subject a mentally ill patient to dental and sinus procedures, colon lavage, vaccine therapy, etc., often does irreparable harm and rarely results in any benefit. The same remark can usually be applied to the various forms of electro-therapy, ultra violet radiation, etc. The proper place for such procedures is in the definitely convalescent patient who can co-operate willingly and cheerfully with what is being done, but even here great care has to be exercised, and unless the patient appears enthusiastic it is best to leave well enough alone. On more than one occasion I have had the mortification of seeing a promising recovery completely interrupted by such over-activity.

Middle-aged and elderly patients who are found to exhibit cardio-vascular degeneration, in varying degrees, with or without a raised blood-pressure, are often, I think, considerably benefited from rather prolonged periods of rest in bed.

The newer methods of treatment by insulin shock and convulsant drugs must, I think, still be regarded as *sub judice*. In any case they would scarcely be immediately applicable to a disease which, if properly handled, gives as gratifying a response to treatment as almost any major illness to which flesh is heir.

(1) "Manic-Depressive Insanity and Paranoia." Translated by R. Mary Barclay.

MYOCRISIN

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